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5Strands® Affordable Pet Testing Case Study Outline

We appreciate your feedback regarding your experience with 5Strands® Affordable Pet Testing! Please also provide a before and after photo of your pet! We understand that by providing this information you are granting permission for us to share your story on 5Strands® Affordable Testing's websites, social media and in marketing materials.

Pet's Name: Chevy

Pet's Breed & Sex: Boston Terrier, Female, 5 Years old.

Describe condition of pet and/or symptoms before using *Affordable Testing*.

Chevy used to throw up daily and over the span of four years, we saw a few different vets and would ask them about her daily throw up habits. (we were usually at the vet for another issue chevy was having so it was never the main focus) two separate vets told us that we should make sure chevy relaxes after eating.. and that she is probably running around too much and upsetting her stomach after eating. We listened to this for years... even though it didn't make sense. She would throw up at all different times of the day, and sometimes her entire breakfast would come back up looking like it didn't digest at all 5 hours later... but most of the time she just threw up foam. Once Chevy was diagnosed with a spine issue and really can't "run" after she eats (she has a dog wheel chair) I knew this was a bigger issue than her just running around and not digesting her food. Chevy also had really thin hair on her stomach and around her neck. Since she was like this for years.. I assumed it was just normal.

What type of food was your pet eating prior to testing (i.e. kibble, raw, frozen, freeze dried, etc.)?

She was eating kibble with salmon oil on top. We would give her single ingredient freeze dried treats, and from time to time a healthy food topper which was usually a freeze dried protein of some sort.

Describe the results of *Affordable Testing* (i.e. number and/or examples of items reported as intolerances, insight gained, etc.).

Turns out.. chevy couldn't have quite a few of the main ingredients in her dog food. I found out the reason why switching proteins was never making any changes was because she actually couldn't have peas or sunflower oil which are common ingredients in many brands of dog food.

What elimination plan did you implement (i.e. foods eliminated and/or changes in environment, timeframe, etc.)?

I was overwhelmed when I first got the test, first of all... I got 3 tests for all 3 of my dogs at the same time. So when I got the results I think I spent a week just trying to process everything.

I sat down with highlighters and went crazy. I was able to find a food that Chevy could mostly eat. I tried to eliminate everything in red, what I could in yellow and the green I decided to skip for now.

I was able to find a food for Chevy that passed the test, but had one ingredient that was featured in the yellow. She had 4 items in the red column in her old dog food.. so I figured this was better than nothing.

Over time I've added in more freeze dried food toppers so she is getting less kibble, therefore getting less of her one yellow allergen in her dog food.

Describe condition of pet and/or symptoms after the elimination plan.

We originally did the allergy test because our other dog kept breaking out in hives... but I thought why not get one for Chevy too. This test literally changed our lives. We save so much money on paper towels and cleaning supplies! (this isn't even a joke) Once we changed Chevy's diet after getting our results back, it took almost two weeks before I realized I wasn't finding piles of dog puke on the dog beds or in sneaky corners where she would try to hide when she got sick. I noticed we actually had to question if we were low on paper towels (This was a serious problem... We used to just buy the weekly because we went through so many).

On top of this she had more energy, and she feels great on her new diet!

About a month or two later, I was taking photos of Chevy and I stopped to look and thought woah! she looks GREAT! I went home to upload the photos and decided to look at photos I had taken 6 months prior. Chevy has hair on her stomach, chest and her face! She had such thin hair before and was practically bald on her stomach and her temples and all this hair grew in!

What is your impression of the *Affordable Testing* process and results of the elimination plan (i.e. length of time to receive results, quality of customer service, value of information gained, etc.)?

I wish I could yell at the top of a mountain and tell everyone to buy this test. It may not work for everyone like it did for us. Like I said.. we have 3 dogs. 2 of them the results were life changing.. 1 of them it was helpful to know.. but we didn't have to make many changes to her life. I think the most shocking thing for me was realizing how sick Chevy was for five years of her life and I had no idea it was allergy related. It had NEVER crossed my mind. Like I said, I purchased this test because my other dog broke out in hives.. and I wanted to test all 3 just because. I have talked to so many people about these results and if your dog gets sick often, I strongly encourage you to purchase one of these tests and see if allergies are the cause before spending more money at the vet to figure it out.